

South Jordan Lacrosse Club Player Code of Conduct

ACCOUNTABILITY · HONOR · DEDICATION · TEAMWORK · INTEGRITY

As a SOJO lacrosse player you should be striving to become a better person every day using the principles above. Every time our lacrosse family gets together, we should have fun, strengthen our relationships, and improve our lacrosse skills.

You will be held **ACCOUNTABLE** for your actions in life and lacrosse is no different. The young men who work hard and stay focused will be rewarded with opportunities on the field. When we are on the field we will **HONOR** the game. We do this by going hard “in between the lines” and always give our very best effort. Being able to do that either on a field, in a classroom, at work, etc. requires **DEDICATION**. It is very important to dedicate yourself to the task at hand, whatever that may be. Never give up. Teammates will help us fight on when the battle seems overwhelming.

Using **TEAMWORK**, we can accomplish goals that may seem impossible to a single person. Always be supportive of your family, lacrosse brothers, and classmates. Help each other whenever there is a need. As a team/family we should always look out for one another. If we see one of our brothers having a rough day, then we step in and offer support. Individually our **INTEGRITY** is important to maintain but it can be difficult at times. Having a team full of individuals with similar values and goals can lead to great success on and off the field. Goal setting is very important. Set goals that are realistic but push you outside of your comfort zone. You can increase the power of your goals by making them S.M.A.R.T. (specific, measurable, attainable, relevant, time-bound).

I _____, commit to do everything in my power to follow the SOJO lacrosse code of conduct on the field, in the classroom, and in my everyday life. I will not do, say, or post on social media anything that reflects negatively on myself or the SOJO lacrosse program.

SOJO Lacrosse Club Grade Policy

In order to be eligible for play in SOJO Lacrosse, players must meet a minimum GPA requirement of 2.5. Grades will be checked as follows:

For fall lacrosse, grades will be checked in the middle of September.

For spring lacrosse, grades will be checked on the first day of practice and regularly during the season.

If a player is below the 2.5 GPA requirement, they will not be able to participate in games until their GPA has reached the required 2.5 GPA. They will be able to provide proof at the next grade check. If a player falls below the GPA requirement at grade check, grades will be checked every 2 weeks thereafter in order to determine eligibility. Grades will not be checked on a game-to-game basis. If the GPA is below 2.5, it is an automatic 2 week game suspension until grades are checked again. If the player's GPA falls below a 2.0, the player will be suspended from games and practices until their GPA returns to the required 2.5 GPA.

Any special circumstances must be filed with the SOJO Lacrosse board for review. The board will then pass the information on to the Utah High School Lacrosse League. UHSL must sign off on any exceptions to the grade policy.

Please read and initial each item below regarding SOJO Lacrosse and Utah Lacrosse League Code of Conduct.

___ I have read the **SOJO Code of Conduct** and agree to comply and represent SOJO Lacrosse in my behavior and attitude at all times on and off the field.

___ I have read the SOJO Lacrosse **grade policy** and agree to follow the guidelines described.

___ I understand and accept the importance of **practice and game attendance** and will make every reasonable effort to attend all scheduled practices and games and to notify my head coach in advance if I cannot attend a practice or game.

___ I understand and accept that the coach may not give all players an equal **amount of playing time** and that decisions about playing time are at the sole discretion of the coaching staff.

___ I understand and accept that it is **my responsibility**:

1. To learn and abide by the rules of lacrosse set out in the NFHS rule book.
2. To ask questions of my coach or other league officials for clarification when necessary.
3. To take my concerns about myself, my teammates and or my team directly to the head coach to discuss when necessary.

4. To use all mandatory equipment in the proper manner and to notify my coach if my equipment becomes illegal to use during the course of a game.

___I understand and accept that I must abide by the League Policies posted on utahlax.org.

___I understand and accept that the UHSSL requires that an atmosphere of **good sportsmanship** be maintained at all of its athletic competitions and that unsportsmanlike conduct will not be tolerated, and the NFHS Rule 5, Section 9 will be enforced: No player, substitute, non-playing member of a squad, coach or anyone officially connected with a competing team shall:

1. Enter into an argument with an official as to any decision that has been made or in any way attempt to influence the decision of an official.
2. Use threatening, profane or obscene language or gestures any time during the game.
3. Bait, taunt, call undue attention to oneself, or any other act considered unsportsmanlike by the officials.

___I understand and accept that **fighting will not be tolerated** and that NFHS Rule 5, Section 11 will be enforced: A player, substitute, coach, non-playing member of a team or anyone officially connected with the team shall be disqualified for deliberately striking or attempting to strike anyone or leaving the bench. An individual participating in a fight or any other action deemed flagrant misconduct shall be charged a three minutes non-releasable penalty, ejected from the game and suspended from the team's next game. A second violation will result in suspension from any UHSSL activity for twelve (12) months. Expulsion on a second violation is more stringent than the comparable NCAA provision.

___I understand that the UHSSL **prohibits the use of illegal drugs, tobacco, performance enhancing drugs and alcohol by players** participating in any league or Utah High School Lacrosse League event, INCLUDING TRAVEL TO AND FROM THE EVENT. Any violation of this rule will result in immediate suspension found in the UHSSL league policies. A player in the company of another player who is openly violating this rule also will be considered in violation of this rule and subject to expulsion from the league.

I, the undersigned, have read and agree to comply with the terms of this Player Contract. I agree that if I am removed from my team's roster for disciplinary reasons, I will not be entitled to any refund of fees paid to the UHSSL or my team.

Name (Print Clearly)

Signature

Date